



Looking ahead: 2023 benefits

ParTNers for Health Wellness Program provided by ActiveHealth Management

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Your wellness program includes:

- Support for long-term health conditions such as asthma, diabetes, COPD and others
- Personalized coaching support over the phone
- Personalized health actions to help you improve your health right now
- Online tools and resources

Programs and resources available



Disease management coaching

- One on one coaching with a nurse or health coach
- Private secure messaging with nurse or health coach via mobile app

Online tools

- Health assessment
- Digital coaching modules
- Health education library
- Secure messaging
- Device sync for tracking physical activity

Support from a condition management coach



Diabetes

Congestive heart
failure

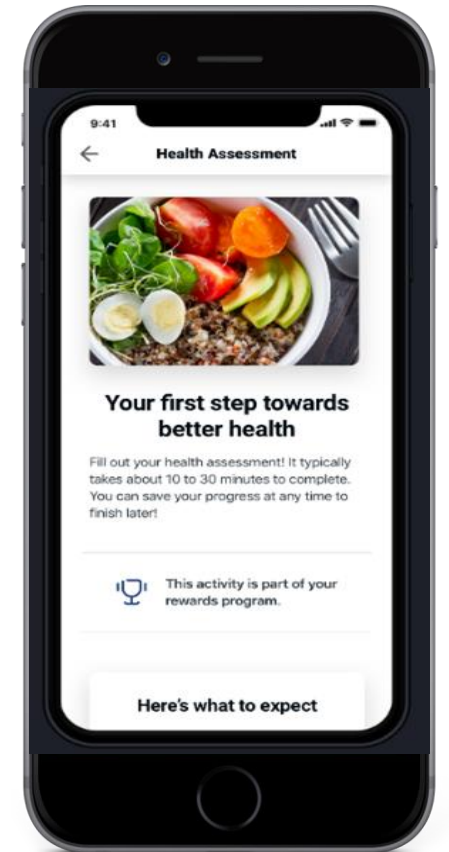
Chronic
obstructive
pulmonary
disease (COPD)

Coronary artery
disease

Asthma

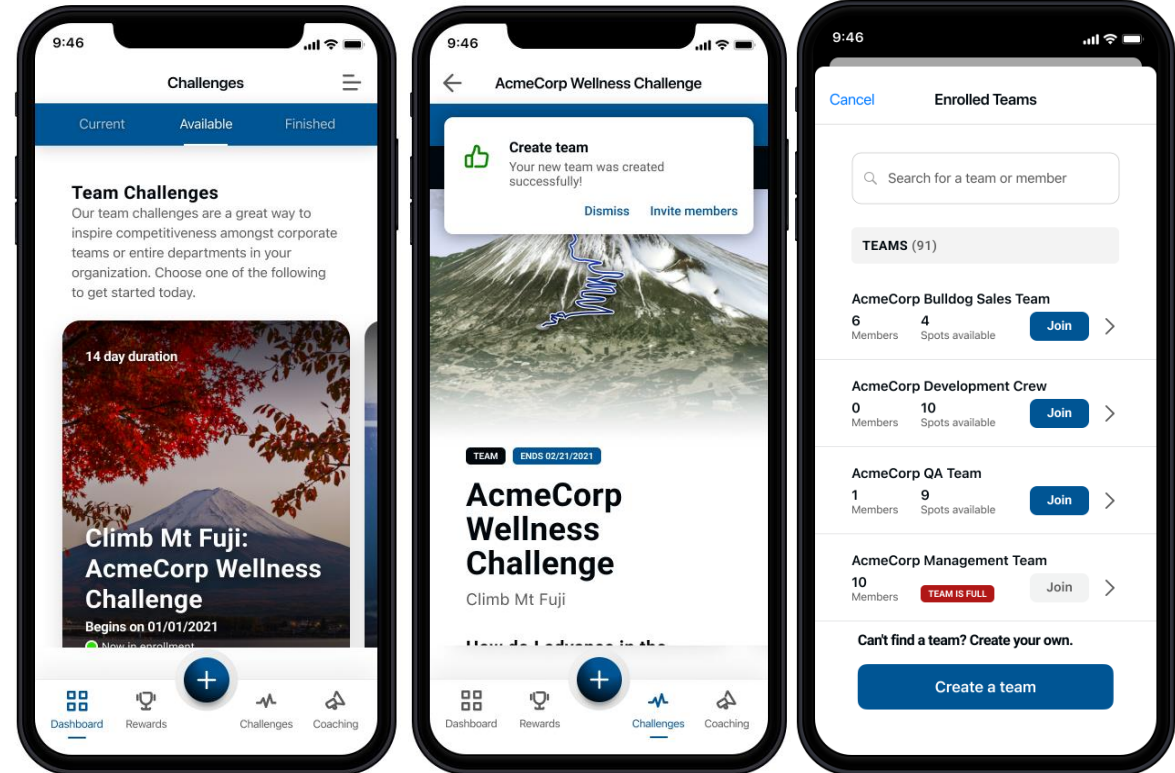
Always on the go? No problem!

- Go to the Apple App Store or Google Play.
- Search for ActiveHealth.
- Download and install the app to your mobile device.
- Sign in using your existing account from MyActiveHealth.com. If you don't have one, register for a new account.
- Use your account wherever, however you want. Your account information is the same whether you use the mobile app or computer.



Individual and Group Challenges (web and mobile)

- Let's you choose individual challenges of interest to you and invite other team members to a group challenge
- Keeps you motivated with rich graphics and creative themes that offer multiple ways for you to engage by tracking steps, activity minutes and more
- Unlock recipes, articles, and fun trivia
- Encourage social connectedness, you can cheer on team members by posting comments and inviting others into the challenge
- Real time integration of data from your fitness device or app



Thank you

